

Low Dose Naltrexone (LDN) Titration based on 4mg/ml

Solution Starter Dose

Patient Instruction Sheet

WEEK	LDN Dose Per Day	ML's Taken
Week 1	0.5mg	0.125ml Daily
Week 2	1mg	0.25ml Daily
Week 3	1.5mg	0.375ml Daily
Week 4	2mg	0.5ml Daily
Week 5	2.5mg	0.625ml Daily
Week 6	3mg	0.75ml Daily
Week 7	3.5mg	0.875ml Daily
Week 8	4mg	1ml Daily

Directions for Use:

- Begin with 0.125ml by mouth daily as directed on the above chart. Increase by specified amount every 7 days. Bedtime dosing is optimal for most people, you may change to an alternate time if necessary.
- It is recommended to begin therapy on a Sunday to ensure that every Sunday you are moving to the next week's dosage.
- Take naltrexone exactly as it was prescribed for you.
- **If side effects such as: headaches, vivid dreams, insomnia or flu-like symptoms occur then you may need to speak to your provider or authorized pharmacist about a dosage adjustment that may be required.**
- You may want take your LDN solution with food to decrease stomach upset.
- It is very important to take your LDN regularly to achieve the optimal benefit.

Reasons to stick with therapy plan (DO NOT GIVE UP)

- For some patients they will see results within the first month, while yet other patients may take up to 6 months or though rarely even up to a year to see real benefits and symptom relief.
- Patient compliance is the number one factor in assuring a positive outcome.
- Desire to achieve a better quality of life with less health issue and symptoms.

Warning DO NOT TAKE LDN (LOW DOSE NALTREXONE) IF:

- Allergic to Naltrexone
- You have a drug addiction to narcotics
- A history of narcotic drug use within the past 7 to 10 days.
- Opioid drug or alcohol withdrawal symptoms.

CALL ONE OF OUR PHARMACISTS WITH ANY QUESTIONS YOU HAVE DURING YOUR STARTER DOSING THERAPY

Pharmacy Hours: Monday – Friday 9:00am – 6:00PM • 1-800-523-1486 OR LOCAL 423-894-3223